

October 2022- Important upcoming dates and info

Welcome new students!

We would like to welcome our new students and families to ECTS! We are happy you decided to join the ECTS family and thank you for choosing us. Everyone chooses Martial Arts training, whether for themselves or their children, for their own reasons. It could be the physical workout, the self-defense aspects, building mental fortitude, or helping to reinforce positive character traits in your children; or maybe something else. Whatever your reason for joining ECTS we hope we can help guide you along the journey of all that Martial Arts has to offer.

Congratulations to our Black Belts on their recent promotion!

On October 6th there was a special advanced training held at Bergamo's Martial Arts in Cheshire attended by our federation Black Belts and invited students. After a vigorous training session a number of Black Belt promotions were made. The promotions were as follows: Mrs. DiGiovancarlo (ECTS)- 2nd degree Black Belt, Ms. Majarocon (ECTS)- 3rd degree Black Belt, Mr. Russo (BMA)- 4th degree Black Belt, Master Murphy (AFA)- 6th degree Black Belt, Senior Master Milo (BMA)- 7th degree Black Belt, Grand Master Serrano (ECTS)- 8th degree Black Belt. Congratulations and thank you to all of our federation Black Belts for their dedication and commitment to furthering American Filipino Kun Tao!



Congratulations to the newest Apprentice Black Belt- CJ Murphy!

Most students have had the chance to meet CJ Murphy by now. CJ is Master Murphy's son. He has been training in Martial Arts just about since he could walk under the guidance of his father. Recently CJ joined our teenage/adult class and he has been a pleasure to have at the studio. He always comes in with a smile, ready to work and ready to learn. He is respectful, humble, and very talented. CJ is an avid breaking competitor and holds multiple competition records. On October 6th CJ Murphy became the newest Apprentice Black Belt in our federation. Congratulations to Mr. Murphy! We look forward to seeing him continue to grow in American Filipino Kun Tao!

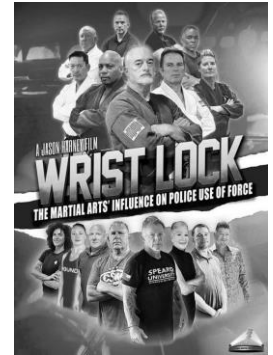


Halloween Party!

On Monday, October 31st, we will be having a Halloween Party at the studio, there will be no regular classes. Party will be from 5-7:30 pm. All students are welcome. We will probably do a couple of martial arts related things, but for the most part we will be playing games and having fun. Pizza around 7 pm, and take home goodie bags. Prizes for best costume. Please see Mr. or Mrs. Serrano if you will be coming.

Wrist Lock the Movie

About a month ago we had a visit from Master Jon Gentile of Las Vegas. Master Gentile has been friends with Master Serrano for close to 40 years and they came up through the ranks in Kun Tao. Recently Master Gentile retired from the Las Vegas Police Department after a full career, a majority of which was spent in vice and undercover work. He set out to put together a documentary on how the Martial Arts influence the tactical aspects of law enforcement and military training. His documentary "Wrist Lock" is now available for rent or purchase on Amazon. Although it is focused on the training, tactics and wellness of officers, it is very informative and delves into a variety of Martial Arts. Please give it a watch and help support Master Gentile in this endeavor.



Our focus is more than kicking and punching

Here are our planned weekly themes for this month:

Week 1- Good Sportsmanship- Displaying a good attitude win or lose.

Week 2- Focus- Concentrating on the task at hand.

Week 3- Pride- Feeling good about an accomplishment or creation.

Week 4- Respect- Treating others with courtesy and honor.

Week 5- Honesty- Being truthful in what you say and do.

Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be October 10th and October 24th. Please be sure to bring your sparring gear those weeks.

Leadership Team Training- Friday- October 14th, 4-5:30 pm

We will have a Leadership Team meeting/training on Friday, 10/14, 4-5:30 pm. All instructors and assistant instructors are required to attend. Please see Master Serrano if you cannot attend.

Upcoming Events and Special Classes

- **Next Men Only session starts October 15th**- We will be running a 3 week training session (10/15-10/29) for men, 30 yrs and older. Each class includes a fitness workout, striking practice and self-defense applications. Saturdays, 10-11/11:30 am. \$36 per person. Email Master Serrano, dserrano@ects.biz, if interested.
- **Competition Breaking Practice- October 15th- 12-2 pm**- All students wishing to compete at the upcoming Hall of Fame Breaking Championships are welcome.
- **Throwing/Sweeping class- October 29th**- White and Yellow- 1-2 pm; Purple and up- 2-3 pm
- **Halloween Party- October 31st, 5-7:30 pm**
- **USBA/WBA Hall of Fame Breaking Championships- November 12th- Naugatuck, CT**- This is a breaking and forms tournament for all ages, ranks and genders. Registration is open at www.usbawba.org/compete/tournaments. There are also registration forms at the studio in the literature holder.
- **Honoring our Veterans- November 14th- 5:30 pm**- We are looking for veterans to join us on November 14th from 5:30-6 pm so we can thank them for their service. We are looking for 8-10 veterans. If you have someone in your family or circle that you would like us to invite please see Mr. or Mrs. Serrano.
- **FREE Escape Alive one day class- November 19th – 1 pm- 5pm- Portland, CT**- This is a one day Adult class. 15 yrs. and older to attend. The class starts with a 1.5 hour presentation/discussion followed by physical training. Registration open soon at www.escapealive.net.